



Monday, August 15th - Friday, August 19th

and/or

Monday, August 22nd - Friday, August 26th

5:30pm to 7:00pm Daily at Nashua South Track

Camp will NOT be cancelled due to inclement weather

\$25.⁰⁰ / Week or \$40.⁰⁰ for Both Weeks

****Camp Tee-Shirt and Harvard Pilgrim 5K Corporate Challenge Race Entry, Free with Two Week's Tuition****

****Free Tuition to Qualifying Families****

****Get a Jumpstart on your Elementary School XC Season This Year
By Participating In This Exciting New program!***

Typical Daily Schedule

Warm Up and Stretching 20min

Group Run/Walks 30min

Relay Races/Games/Form Work 30min

Core Exercises and Stretching 10min

There will be a brief informational presentation on additional Nashua PAL youth running opportunities held on Fridays from 7:00pm to 7:30pm each week for participating families and runners. Parents are encouraged to attend.

This program is for children attending 3rd, 4th and 5th grade in the fall of 2011. The primary goal of this program is personal achievement, individual success and the development of healthy habits in a fun and social atmosphere. As a participant, your child will be encouraged to set personal goals and work to achieve those goals. As a result, it is our intent that the children participating in this program will graduate with an increased self confidence and a renewed sense of pride in their accomplishments. ****Please dress appropriately, bring plenty of fluids and wear proper running footwear.***



Bring this completed registration along with your tuition check made out to "Nashua PAL XC" to Monday's camp session.

****Children will not be allowed to participate without a signed registration, tuition payment and proper footwear.***

Name: _____ Circle Gender: M F Age: _____ Grade: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip Code: _____ Email: _____

If Participating in Both Weeks, Please Circle Tee-Shirt Size: YL AS

I know that running is a potentially hazardous activity. I should not enter or run in this program unless I am medically able and properly trained. I agree to abide by any decision of a camp official relative to my ability to safely complete any given run. I assume all risks associated with running in this program including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the trails and bicycle traffic in the park, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release Nashua PAL, the City of Nashua, NH, and all volunteers, sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this program even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature

Date

Parent's Signature if Under 18

For More Information Visit www.NashuaPALRaces.com, Contact Chris Morrow - Program Coordinator at (617) 592-4882 or Email your questions to nashuapaljocord@gmail.com